

Lipid Screening Guidelines - Adult

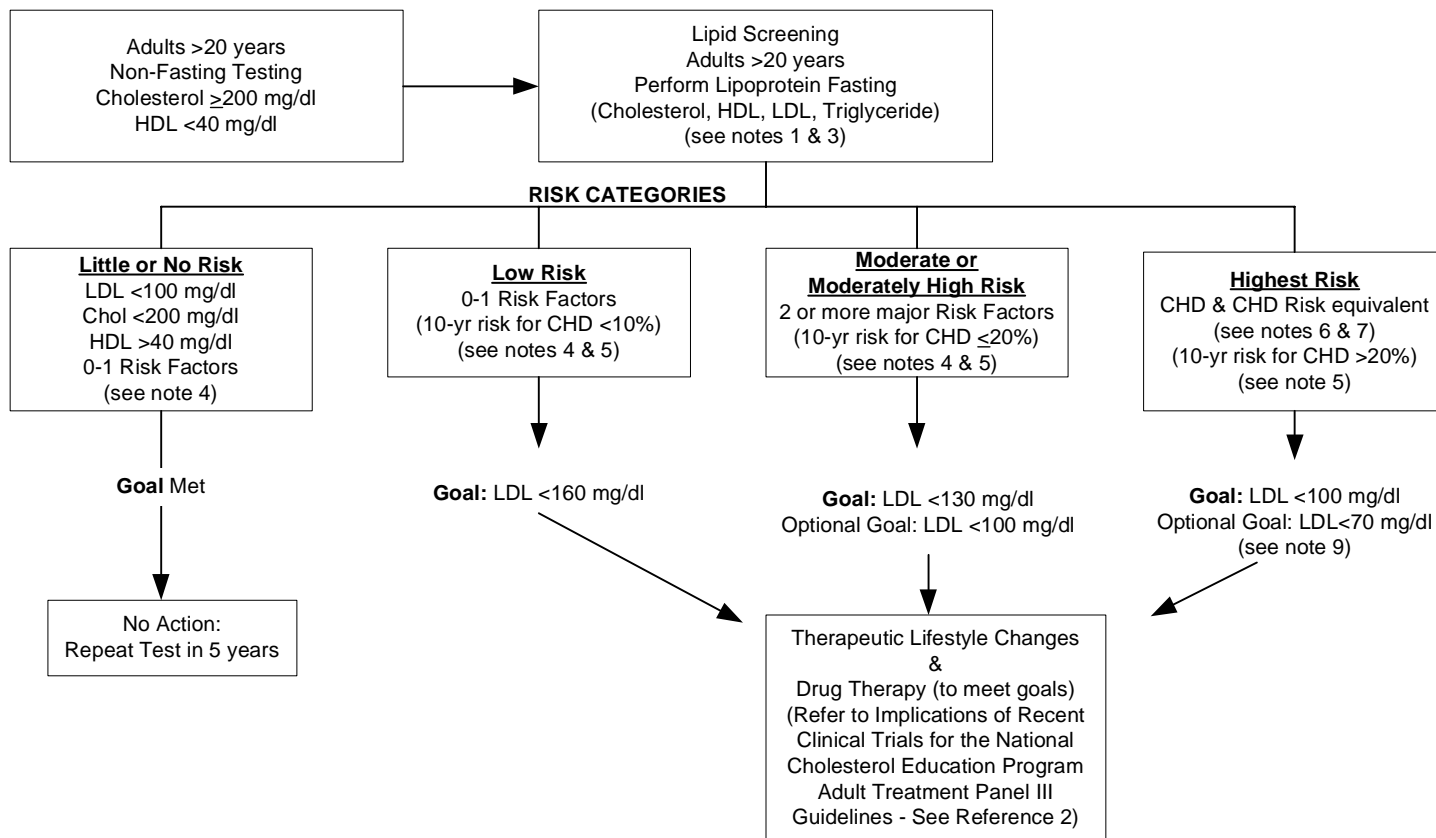
Washington State Clinical Laboratory Advisory Council

Originally Published March 1996

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FOR EDUCATIONAL PURPOSES ONLY

The individual clinician is in the best position to determine which tests are most appropriate for a particular patient.



NOTES:

1. Before action is taken, average at least 2 measurements.
2. Eliminate secondary dyslipidemia before initiating lipid lowering therapies.
 - Diabetes
 - Hypothyroidism
 - Obstructive liver disease
 - Chronic renal failure
 - Drugs that increase LDL cholesterol and decrease HDL cholesterol (progestins, anabolic steroids, and corticosteroids).
3. Consider other risk factors and emerging risk factors such as obesity, physical inactivity, atherogenic diet, Lipoprotein (a), homocysteine, prothrombotic and pro-inflammatory factors, impaired fasting glucose, and evidence of subclinical atherosclerotic disease.
4. Major risk factors (exclusive of LDL cholesterol) that modify LDL goals:
 - Cigarette Smoking
 - Hypertension (blood pressure $\geq 140/90$ mm Hg or on antihypertensive medication)
 - Low HDL cholesterol (<40 mg/dl)
 - Family history of premature CHD (CHD in male first-degree relative <55 yrs; CHD in female first-degree relative <65 yrs)
 - Age (Men ≥ 45 yrs; women ≥ 55 yrs).
5. Electronic 10-year risk calculators are available at www.nhlbi.nih.gov/guidelines/cholesterol.
6. CHD includes history of myocardial infarction, unstable angina, stable angina, coronary artery procedures (angioplasty, or bypass surgery), or evidence of clinically significant myocardial ischemia.
7. CHD risk equivalents include clinical manifestations of noncoronary forms of atherosclerotic disease (peripheral arterial disease, abdominal aortic aneurysm, and carotid artery disease [transient ischemic attacks or stroke of carotid origin or >50% obstruction of a carotid artery]), diabetes, and 2+ risk factors with 10-year risk for hard CHD <20%.
8. For those without CHD, but with 2 or more risk factors and a 10-year risk between 10-20%, LDL <100 mg/dl is the optional goal.
9. Very high risk favors the optional LDL-C goal of <70 mg/dl, and in patients with high triglycerides, non-HDL-C <100 mg/dl.

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Lipid Screening Guidelines - Children and Adolescent

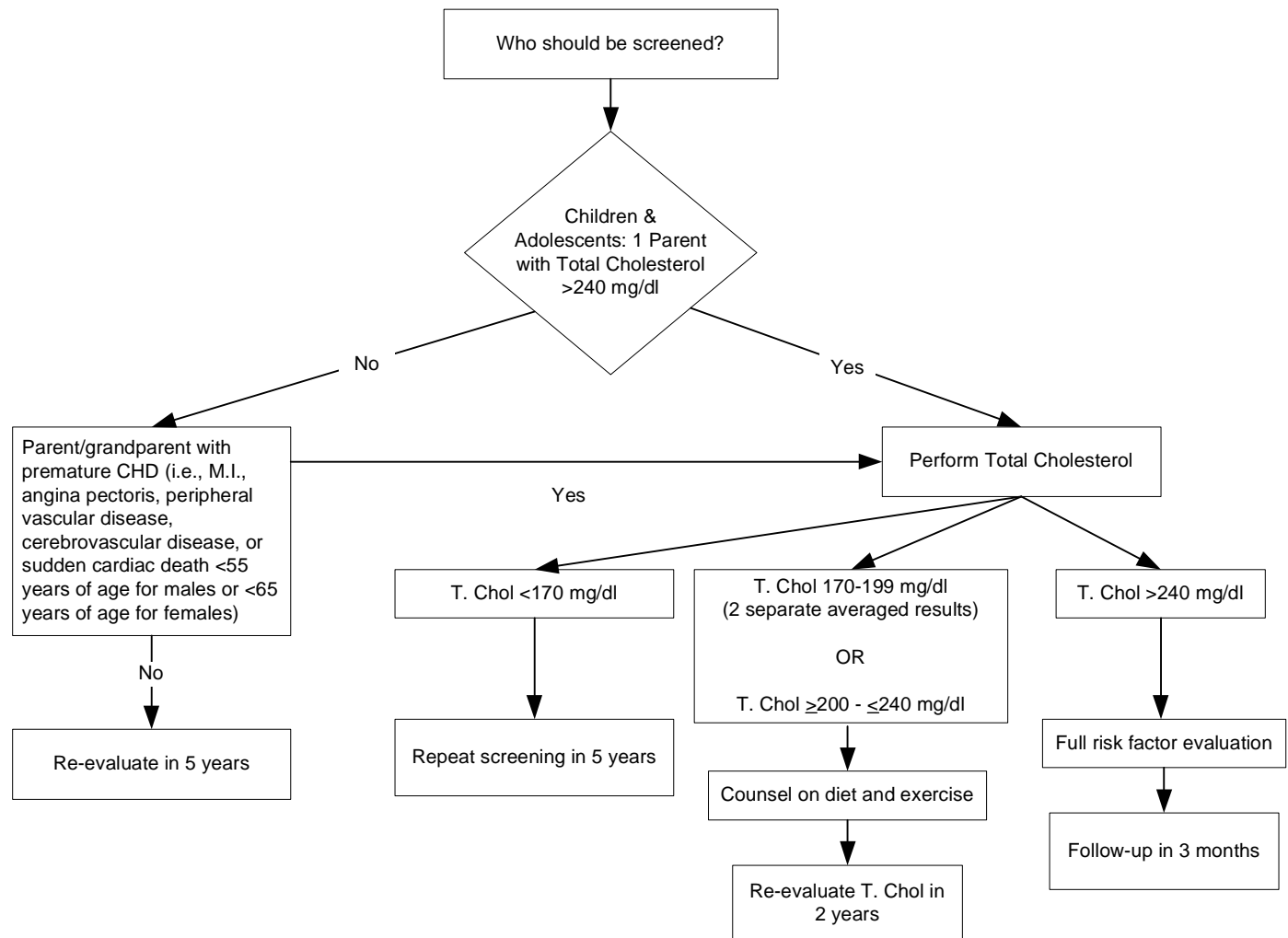
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References:

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